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GOOD THINGS COME
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MUSHROOM CUPS
SATISFY {page 15}



**COY
SEYFRIED TALKS
PHILLIPPE ...
KIND OF** {page 11}



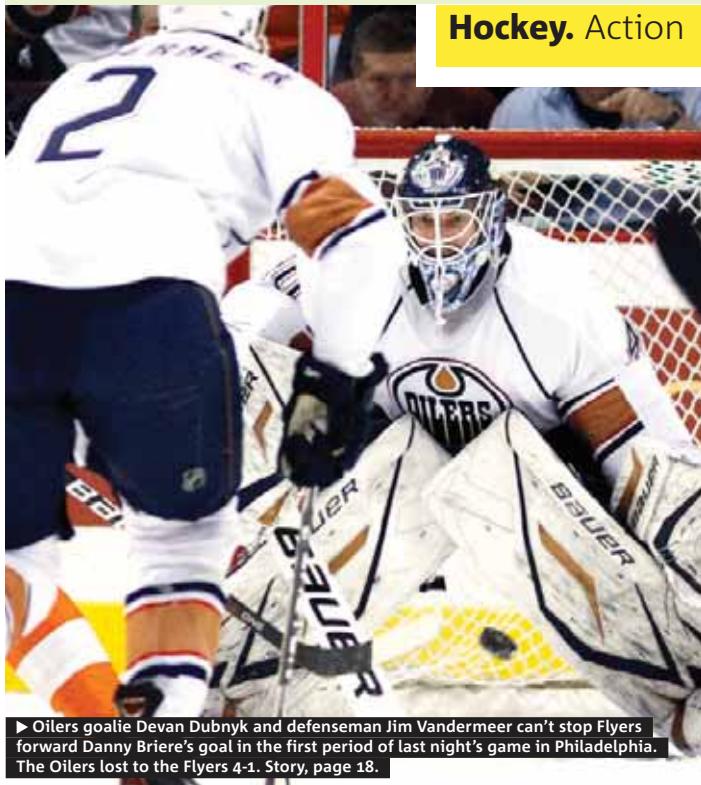
EDMONTON

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Wednesday, March 9, 2011
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News worth sharing.



Hockey. Action

► Oilers goalie Devan Dubnyk and defenseman Jim Vandermeer can't stop Flyers forward Danny Briere's goal in the first period of last night's game in Philadelphia. The Oilers lost to the Flyers 4-1. Story, page 18.

MATT SLOCUM/THE ASSOCIATED PRESS

EPS: Race behind Feb. violence

► 'Anybody that did not look white' targeted in alleged assaults and slurs: Police ► Victims not likely to return to area due to 'high fear factor'

An alleged spree of hate on Whyte Avenue by four men known to be part of a local white supremacist group has police concerned and victims scared to go back.

"It's a little concerning they are from an identified white supremacist group," said Supt. Ken MacKay, of EPS' specialized investigations division, identifying the group as Blood and Honour.

EPS' hate crimes unit has charged four men after patrons in several Whyte Avenue establishments were allegedly hurled with racist slurs and, in some cases, physical blows.

"It was a deliberate, premeditated attack on anybody that did not look white," said Const. Ken Smith of the EPS hate crimes unit.

Police say on Feb. 12, four men were seen handing out white supremacist group flyers at the Churchill and University of Alberta LRT stations around 8 p.m. before heading east on Whyte Avenue.

Over the course of the evening, police say three people were allegedly "assaulted and punched" including a 20-year-old female, a 23-year-old male and a 25-year-old male.

Facing charges

► James Andrew Brooks, 25; David Roger Goodman, 18; Jason Anthony Anderson, 32; and Keith Virgil Decu, 32, face multiple charges including criminal harassment, mischief, cause disturbance, assault, assault with a weapon and possession of a weapon.

► All four accused, who will be in court March 17 to face charges, were released on recognize with restrictive conditions, and EPS is monitoring their compliance.

As many as ten others were targeted with verbal assaults including racial slurs.

Beat officers identified the suspects who had fled on foot and contacted the hate crimes unit, who took over the three-week investigation. Arrests were made March 3.

"I hope and believe this was just a one-off where this group went out and decided to do something criminal that night," said Smith, adding groups like Blood and Honour are not typically violent.

● SHELLY WILLIAMSON

Oilers' winning streak ends

Hold the mayo and more

Cost of buying groceries looks to be trending upward {page 6}

The cigarette approach

MLA wants to put warning labels on liquor {page 3}

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9914 103rd St.

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Spruce Grove

Westland Market Mall
30 - 96 Campsite Rd.

St. Albert

St. Albert Centre
30 - 200 St. Albert Rd.
20 Muir Dr.

Fans get an apology for leaky roof

Oilers fans affected by "one of many shortcomings at the aging Rexall Place" got an apology in a letter from Edmonton Oilers president Patrick LaForge.

More than 20 fans were "rained out of their seats" as the building leaked above section 231 on Feb. 27, said the letter, posted on the team's website yesterday. The team is asking anyone affected to contact 780-413-4625 or email customerservice@edmonton-oilers.com.

LaForge ended the letter by stating: "Hopefully someday soon we may have a new world-class home for you and your Oilers."

Debates and negotiations between the City of Edmonton and the Katz Group regarding a new downtown arena are ongoing. **METRO**

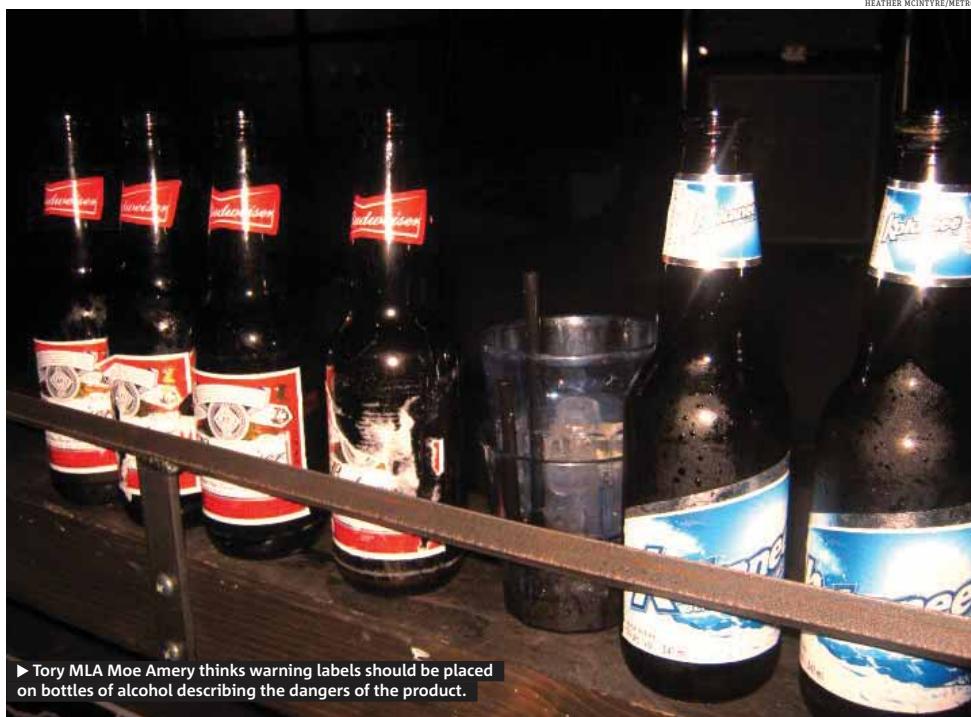
Health flap should be put to bed: Stelmach

Alberta Premier Ed Stelmach says it's time to move on from unproven allegations of corruption at the highest levels of the health system.

Stelmach notes that critic Raj Sherman has promised for a week to provide evidence of his allegations but has been unable to do so.

Stelmach says he won't call a public inquiry because there's nothing on which to pin a probe.

Sherman, who sits as an Independent, told the house last week that Edmonton health officials covered up 250 deaths, bribed doctors to keep it quiet and kept two sets of books to hide the hush money. **THE CANADIAN PRESS**



HEATHER MCINTYRE/METRO

Booze warnings set for debate

MLA Moe Amery wants labels to warn against drinking and driving, drinking while pregnant **Says warnings should be similar to those on tobacco products**



HEATHER
MCINTYRE
@METRONEWS.CA

issue will come back for debate and a vote in the legislature next week.

"Is it going to stop everybody from drinking and driving? I don't think so," said Amery. "But it is another tool in a tool box."

Jillian Phillips, spokesperson for MADD Edmonton and area, said the labels likely wouldn't affect the "hardcore," but that perhaps they will make some people think twice.

Oberle said he would want to see proof of benefits before labelling any

bottles. Neil Herbst, owner of Alley Kat Brewing Company in Edmonton, said the idea is "nonsense."

"People know the consequences of drinking when they pick up a bottle or a case," agreed Jared Flett, 24.

"What's next, we're going to start putting warning labels on cheese packages because it leads to high cholesterol?"



For more news, visit
[metronews.ca/
edmonton](http://metronews.ca/edmonton)

Warning labels

The U.S. has had warnings on alcohol bottles since 1989.

1 Such labels are used in Canada, but only in the Northwest Territories and the Yukon.

2 The warning labels on tobacco packages were adopted in 2000 under the Tobacco Act.

1

news



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Patient kills himself before ward opening

Just days before the grand ribbon-cutting of a new Edmonton psychiatric ward, a patient hanged himself on a coat hook, Alberta's opposition NDP revealed yesterday.

Party Leader Brian Mason said given that the mandate of the new Villa Caritas facility changed halfway through construction, the site may not meet safeguards to house the mentally ill.

He said more patients may be at risk.

"This suicide really underscores what we've

been saying," Mason told reporters after raising the issue in the legislature.

"The Villa Caritas is designed not as a psychiatric unit, but as long-term care for seniors. Even though they put some money into upgrading it, it's clear it's not necessarily a safe place for psychiatric patients."

They are still trying to get details on what happened, but added the victim was an elderly man, Mason said.

THE CANADIAN PRESS

Pedophile gets charges dropped

Alberta Justice has dropped charges against a pedophile living in Edmonton. Karl Toft, 74, who sexually abused hundreds of boys at a New Brunswick reformatory, is not allowed near children. **METRO**

Cabbie union appealed

Yellow Cab has appealed an Alberta Labour Relations Board ruling that its 800 drivers can join the Teamsters Local 987 union. The appeal goes before the Court of Queen's Bench March 31. **METRO**

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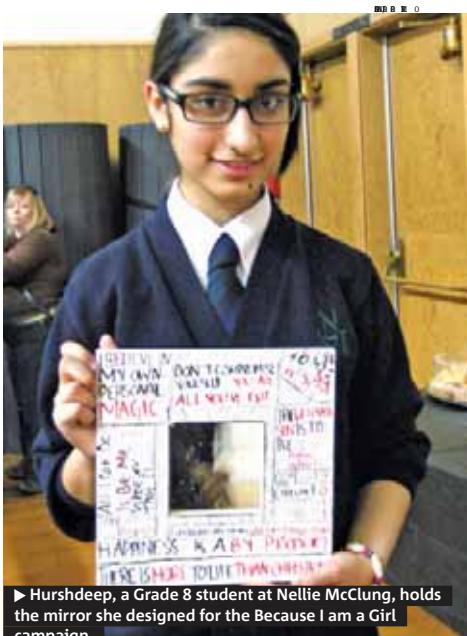
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Events across city celebrate women



► Hurshdeep, a Grade 8 student at Nellie McClung, holds the mirror she designed for the Because I am a Girl campaign.

► International Women's Day marked in Canada since 1977

ALISON BAIRD
EDMONTON@METRONEWS.CA

This year, International Women's Day marked its 100th anniversary with many celebrations across the city.

Norquest College hosted the One Thousand Women: A Million Possibilities fundraising campaign to raise money for a student endowment fund.

"We wanted to get a thousand women to donate \$1,000, which would make \$1 million to be put into an emergency relief fund for Norquest," said advisor committee member Schona Strudwick.

The relief fund, which can also be used by male students, will help students pay for essentials like tuition, child care, food or bus passes.

"Sixty per cent of the population here at Norquest are women, many of those have dependents, and it's just about giving back and really helping," said Strudwick.

The campaign is on its way to reaching the goal, with roughly \$250,000 raised so far.

Students at Edmonton's all-girl school, Nellie Mc-

Did you know?

► Theme This year, the United Nations' IWD theme is equal access to education.

► Ottawa Canada's current government has the highest percentage of women in the cabinet in Canada's history.

Clung, celebrated International Women's Day by hosting a Strong Women, Strong Futures event that showcased student choir, dance and dramatic performances, and discussed women's rights.

Students created mirrors with positive self-image themes that were auctioned off for the Because I am a Girl campaign, which supports women's education in developing countries.

"This is our day for the Nellie McClung program," said teacher and event organizer Tammy Wildemann. "They're going to be the future decision-makers, so really this is the day where we make that crystal clear that they're going to have to take a hand."

Honouring women around the world

International Women's Day began in 1911 as a way to honour women, their successes and bring women's issues to

the public.

In many countries such as Russia, China, Vietnam, and Bulgaria, International Women's Day is a national holiday where men will often buy flowers for wives, daughters, mothers and other women in their lives.

● ALISON BAIRD

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United to face cancer

► Foundation launches initiative to address emotional, social concerns of women diagnosed with the disease

 **TERESA KRUZE**
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"We are simply not meant to face cancer alone."

Sherry Abbott speaks from the heart. The executive director of the Canadian Cosmetic, Toiletry and Fragrance Association (CCTFA) Foundation is a 21-year cancer survivor. She is on a mission to encourage and empower people who are dealing with a cancer diagnosis.

The CCTFA recently commissioned a report and talked to 814 women who were facing cancer. What they found was staggering.

Although their medical needs were being met, women felt there were no services in place to help them deal with the social and emotional effects of the disease.

Report findings

- Almost 50% of respondents did not feel supported in their cancer journey.
- 70% of women surveyed fear recurrence of their cancer.
- 45% said they were unable to "get comfortable with the new normal."

Source: Lives Affected by Cancer ... 800 Women Speak

"The heart and souls of women with cancer also need care and attention," Abbott says.

On the heels of the landmark report, the CCTFA Foundation has launched an initiative called Facing Cancer Together. Its new interactive website, sponsored by Shoppers Drug Mart, is the

largest online show of support for women with cancer. Women can now share, connect and find resources to help them during their recovery.

Dr. Alexandra Ginty will be contributing to the site. She is a family doctor trained in emergency medicine who was diagnosed with breast cancer a year ago.

"I'm trained to handle traumatic situations, but no one prepared me for facing cancer."

She'll now be blogging about her journey and showing other women that they are not alone.

She writes:

"Cancer's a memory
hoping not to return
But the gift that it
leaves is what we
can learn."

Learn from each other, share and connect at facingcancer.ca.



► From left, Sherry Abbott, executive director of the Canadian Cosmetic, Toiletry and Fragrance Association (CCTFA) Foundation; Dr. Alexandra Ginty, cancer patient and blogger; and Darren Praznik, president and CEO of the CCTFA and CCTFA Foundation.

Get ready to fork over more for food

Canadians will be paying between five and seven per cent more for groceries on

Stock up

Some food manufacturers are already moving forward with plans to charge grocery stores more.

► **Bakery company George Weston Ltd.** said last week that it would charge five per cent more for its goods as of April 1, and could increase prices even more by the end of the year if costs continue to rise.

► **Maple Leaf Foods** says it will raise its fresh bakery prices by 20 cents per unit at the end of March as it battles rising prices for flour used in bread.

► **Tim Hortons** says it may have to charge customers more for their morning java jolt due to the rising cost of coffee, which is about twice where it was last June.

average by the end of the year, economists say.

A family that spends about \$400 a month on groceries could end up paying up to \$340 extra in a year.

Bad crops and oil trading for more than \$100 US a barrel are driving prices higher. The cost of diesel, used by heavy trucks to transport goods across the country, is up nearly 30 per cent from a year ago.

Food companies are raising prices due to the

soaring costs of key commodity ingredients such as wheat, corn, sugar and vegetable oil, which have gone up as much as 50 to 100 per cent over the last year at near-record rate.

It's just a matter of time until higher commodity prices trickle down to grocery shelves, says Douglas Porter, deputy chief economist at BMO Nesbitt Burns.

"Based on what I've seen in the past, it takes about nine to 12 months for an increase in raw food

material prices to get fully passed on and to fully work their way down to the grocery shelves. So I think by the end of this year we'll be looking at much more rapid food price inflation," Porter says.

With no global economic crisis on the horizon to pull prices back down again, the higher prices could linger longer than they did when they hit record highs in 2008, he says. **THE CANADIAN PRESS**

GROCERS HOLDING OFF — FOR NOW

National grocery chains Loblaw, Metro and Sobeys parent Empire Co. Ltd. have faced fierce competition, particularly in Ontario, from each other and retailers such as Zellers and Shoppers Drug Mart who are increasing their food offerings.

Wal-Mart also plans a major expansion of 40 new grocery stores in

Canada this year.

That means grocers are holding off as long as possible on passing manufacturer price increases on to consumers, says John Scott, the president and CEO of the Canadian Federation of Independent Grocers.

"Nobody is going to raise their prices a nickel unless they absolutely have to," he says, explain-

ing retailers will try to cut costs to keep up with competitors, but may offer fewer discounts.

"Instead of passing the full price on to the consumer, you'll see a reduction in the number of promotions like the coupons and that kind of thing. We had a lot of that in 2010. We'll probably have less of it in 2011." **THE CANADIAN PRESS**

Starbucks. Birthday



A fresh face at 40

Starbucks rolled out its new words-free logo yesterday on all its cups. Signs also changed at a handful of stores. The Seattle-based company introduced the new logo in conjunction with its 40-year anniversary. Starbucks also introduced a number of new coffee flavours and baked goods.

Canadians upbeat about economy: Poll

► Nearly 90 per cent are confident about financial well-being, compared with 77.5 per cent of Americans

Canadians are more confident about their own economic well-being and that of the Canadian economy, a survey by Harris-Decima-Investor Group suggests.

The February survey puts the overall measure of confidence at 86.2 per cent, up from 82.8 in November.

Overall, nearly one-third (31 per cent) of Canadians believe they will be better off financially a year from now, up from 27 per cent in November. That compares with 13 per cent who think things might be worse.

One in four Canadians (24 per cent) see good things ahead for the economy in the next 12 months, up from 19 per cent. Four-

Market moment	
TSX	Dollar
-79.38 (14,012.97)	+0.15¢ (\$102.94 US)
Oil	Natural gas
	1,000 cu ft \$3.864 US (-0.63¢ US)
-0.42¢ US (\$105.02 US)	Gold contracts
	\$1,427.20 US (-\$7.30 US)

teen per cent expect the economy to get worse.

A majority, 54 per cent, believe there will be good times for the Canadian economy in the next five years, while 31 per cent believe there will be another recession.

Meanwhile, half of Canadians (51 per cent) believe now is a good time to make a major purchase, while 31 per cent believe it is a bad time.

"Stronger consumer confidence is always good for the economy," said Jack Courtney, a financial planner with the Investors Group. "This is a clear indication that Canadians are returning to more normal spending, saving and investing." **THE CANADIAN PRESS**

Moving seats coming to a theatre near you

Four Canadian theatres will debut 120 D-Box motion-sensation seats, D-Box Technologies and Cineplex Entertainment say.

The D-Box synchronizes theatre seats with onscreen video and sound. The idea is that moviegoers become part of the action such as a car chase, gunfight or giant wave.

Two theatres in Edmonton, one in Calgary and one in Laval, Que., will introduce the seats on Friday. D-Box CEO Claude McMaster says the deal allows the Quebec-based company to get its technology into more Canadian theatres. **THE CANADIAN PRESS**



► Inventor Daniel Ratner pedals Google's new Street View Tricycle at company headquarters in Mountain View, Calif.

PAUL SAKUMA/THE ASSOCIATED PRESS

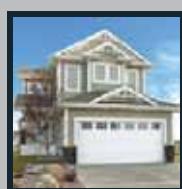
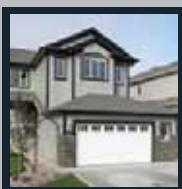
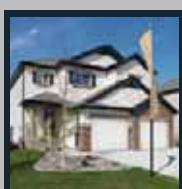
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A total of 10 Cineplex theatres will introduce D-Box seats this year.



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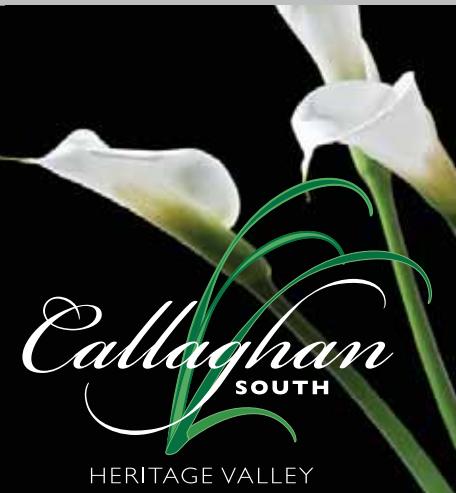
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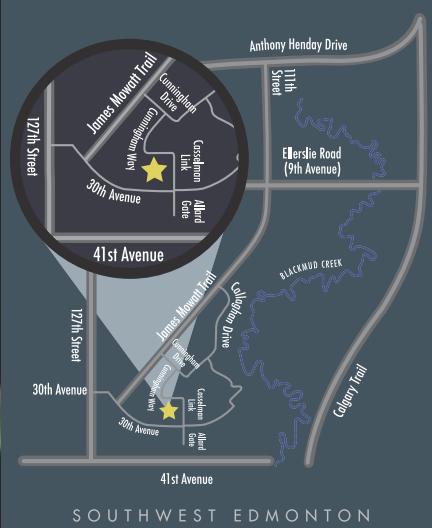
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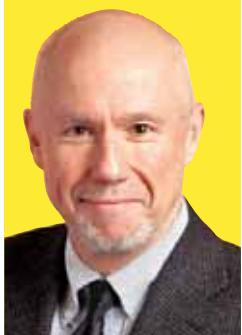
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CONFESsions from the Libya Gravy Train

Just sayin'

PAUL SULLIVAN



Hypocrisy is a tricky trait.
We're more likely to spot it
in others than in ourselves.

Recently, pop stars have been falling all over themselves to apologize, give back the money or confess they had no idea that they were paid millions to perform for the family of bloody Libyan dictator Moammar Gadhafi.

Now that Gadhafi is the Monster of the Month, Nelly Furtado, Beyoncé, Usher, 50 Cent, Mariah Carey and, er, the London School of Economics all admit that they took money from Libya, and a number of them, including Nelly and Usher, are giving it to charity or something. Beyoncé claims she

sent hers to Haiti ages ago, but there was no mention of Libya at the time.

It's a million-dollar hit for the stars, but blood money is bad for your image, so donate those dollars.

It's easy to make fun of people who construct a moral code one tweet at a time, but let's be honest: It wasn't so long ago that Gadhafi seemed kinda cute. Remember when the United Nations wouldn't let him pitch his tent on the lawn? Remember the documents, released by WikiLeaks, that featured the flying squad of buxom Ukrainian nurses who followed him everywhere?

You just forget that he has long been one of the Middle East's foremost terrorists and that, at one point, Libya took formal responsibility for the

bombing of Pan Am Flight 103 over Lockerbie, Scotland, an act that killed 270 people on Aug. 16, 2003. Look it up.

So all these people knew they were singing and dancing for a murderer, but he was a murderer with money, all of it extracted from the Libyan people, many of whom are now dying under his boot.

But let's not get too high and mighty. We've all been on the Libyan gravy train for years. There's a helpful page on the Government of Canada website called Doing Business with Libya, which tells you how to follow the lead of Canadian companies such as SNC Lavalin and Suncor.

The site says the value of Canadian exports to Libya was almost \$250 million in 2009, the year in which the Lockerbie

bomber was released from a U.K. prison and welcomed home by Gadhafi as a national hero.

What's the difference between getting paid a million bucks for a song-and-dance routine and SNC Lavalin being paid \$500 million to build the Benghazi Airport? Or Suncor drawing 50,000 barrels of oil a day out of Libya's now-scorched earth, as the Globe and Mail reports?

So, if you feel like tossing stones at Nelly, remember that biblical suggestion: Let he who is without sin cast the first stone.

Or at least hearken to The Who and don't get fooled again.



Read more of
Paul Sullivan's columns at
metroneWS.ca/justsaying

Cartoon

MICHAEL DE ADDER



Is this part of his script?

Letters & Tweets

We asked: Is Charlie Sheen acting like this for publicity?

TORONTO. No, he wants more than publicity.

He wants results from the publicity, not just the publicity itself.

Publicity is not the main motivator for his behaviour.

He is obviously angered and feels that stopping filming Two and a Half Men wasn't necessary.

Publicity is just a way of getting his point of

One and a half men



view across in hopes of getting the result he wants.

Though I'm sure the publicity feeds his ego.

I think he is hoping the publicity will work in his favour ... or against Chuck Lorre's favour ... either way. I'm sure he feels that he must take action and the media makes it easy for him to take ac-

tion through publicity.

The media isn't doing him any favours by these interviews, but hey whatever sells!

As the saying goes, any publicity is good publicity ... which is certainly true. Everyone knows who Lindsay Lohan is and not necessarily for her acting :)

CARLY

What is wrong with kids these days?

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Metro Minute with Outdoor Adventure

If you're looking for a way to enjoy the decent spring weather while it lasts, then head on downtown as the City of Edmonton will be hosting Live at Lunch: Outdoor Adventure today at Churchill Square from 11:30 a.m. to 1:30 p.m.

This event is for the whole family and features free entertainment and

activities like bannock making and snowshoeing. Visitors can also join in the 30-minute power walk or bring their skates for a trip around the city hall rink.

The City of Edmonton recommends that visitors also take ETS. This event may be cancelled if weather doesn't co-operate.

• METRO



► Bring the family out to Churchill Square for some winter fun.

COURTESY OF EDMONTON.CA

Preparing for a life without his brother

► The always outspoken Liam Gallagher leads his new band Beady Eye, out of the Oasis shadow

 SARAH DAHAN
SCENE@METRONEWS.CA

Life after the death of Oasis begins for infamous singer-songwriter Liam Gallagher with his new band Beady Eye. Metro chatted with the 38-year-old musician, who declared he is starving for success and fears no one.

Are the beginnings of Beady Eye as exciting as they were for Oasis?

Of course. Any beginning is exciting. Our songs are just crazy, and we feel just great. We're going to kill everything. We've got what we need for that.

The album sounds very spontaneous. It sounds like a response to Oasis, a band who became maybe like a routine to you, didn't it?

When you're in a big machine like Oasis, it works by itself. Everything is becoming a routine, so it gets sometimes boring. We needed to create something new and fresh. That's why it sounds spontaneous.

What was your inspiration for (debut album) Different Gear, Still Speeding?

Rock 'n' roll. Nothing else. We just wanted to have fun. And that's rock 'n' roll: no brains, just feelings. It's as simple as that. People will compare Beady

Eye to Oasis. How are you prepared to respond to your fans and critics alike?

We are Oasis! Oasis became big because of the people who were in the band. We can do the exact same thing with Beady Eye. We are starving for success and we do not fear anyone. Our music is universal, and people will like it whether they live in Peru or in Paris. And if some people don't like it, it doesn't matter.

There is a huge electro-pop scene in England. Are you interested in that kind of sound?

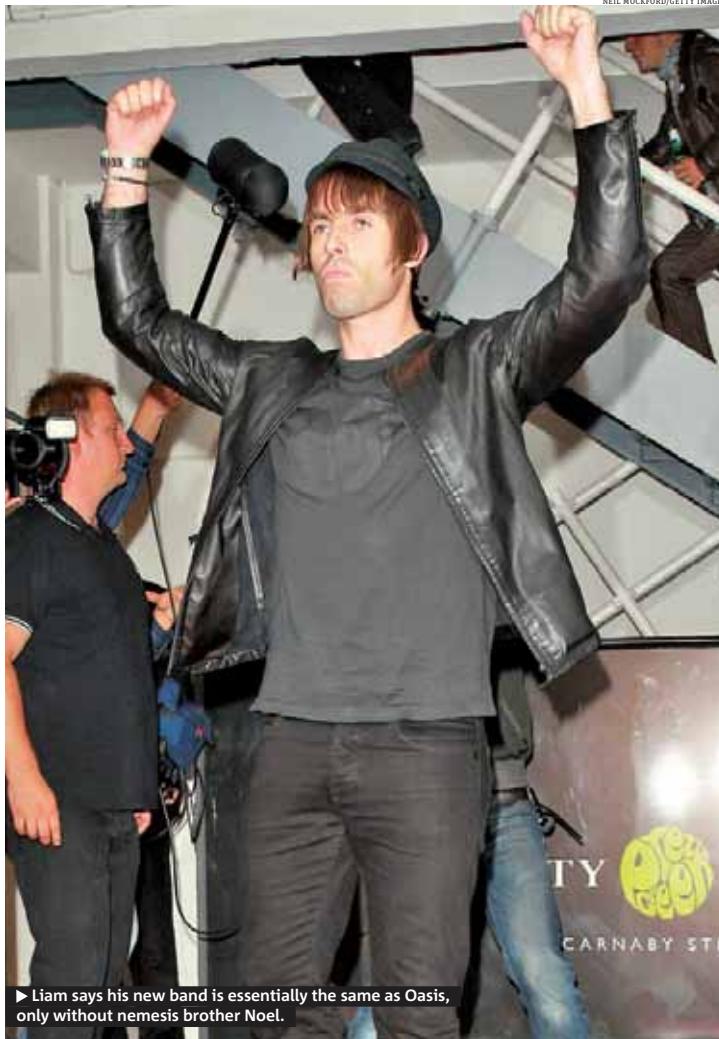
I don't care. Why would we play dance music? It would be against our influences, against rock 'n' roll and against the Beatles!

We're not going to play dance music just to be in fashion. It would be like wearing a dress. To me, those bands are just sh-t.

In the English press, not a week goes by without an article on Beady Eye and Oasis... It's amazing how Oasis makes its own publicity on the back of Beady Eye. People have never been so interested in Oasis since it finished.

What would you say about this album. That it's the best album of the year? The album of the century?

No, I won't say that. I let you say it.



Top albums



iTunes top 5 in Canada for the week ending Mar. 6:

- 1) 21 — Adele
- 2) Sigh No More — Mumford & Sons
- 3) Wounded Rhymes — Lykke Li
- 4) Different Gear — Still Speeding — Beady Eye
- 5) The Suburbs — Arcade Fire

THE CANADIAN PRESS



Behind Charlie Sheen's tweet lies a new world of social media advertising



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FEAR THE INVASION OF LITTLE GREEN MARAUDERS

In Focus

RICHARD CROUSE

SCENE@METRONEWS.CA



Superstar astronomer Carl Sagan said, "Mars has become a kind of mythic arena onto which we have projected



► Val Kilmer and Carrie-Anne Moss star in *The Red Planet* — another Mars themed flick.

our Earthly hopes and fears."

For more than a hundred years the idea that life could exist on the fourth planet from the Sun has been a sci-fi staple.

In 1898, H. G. Wells wrote the most influential Martian invasion novel of all, *The War of the Worlds*, later adapted by Orson Welles into the most famous radio show ever

and in a less serious vein, Marvin the Martian, a cartoon character voiced by Mel Blanc, gave us the catchphrase, "This makes me very angry, very angry indeed."

Years after Marvin's 1948 debut he made another appearance as the mascot on the Spirit rover sent to Mars.

This weekend Martians invade movie theatres in

Mars Needs Moms, the story of little green marauders who kidnap human moms, joining a long list of Mars movies.

The 40-foot-tall Martian in *The Angry Red Planet*, a low budget 1959 flick, was actually a 15-inch-tall puppet made from elements of a rat, bat, spider, and crab. The campy creature was later featured on the cover of the Misfits' album *Walk*

Among Us.

A few years later Robinson Crusoe on Mars used Death Valley, California as a substitute for the barren terrain of Mars and was so low budget it recycled props from other movies. The aliens are seen dressed in the spacesuits from *Destination Moon* and the Martian space crafts were borrowed from *The War of the Worlds*.

The year 2000 was a big one for Martian movies. *Red Planet*, starring Val Kilmer, Carrie-Anne Moss, and Benjamin Bratt as astronauts sent to Mars when Earth's efforts to colonize the planet are disrupted, features cinema's first computer voice to be completely computer generated.

Also released that year was *Mission to Mars*, the Brian De Palma film about the first manned mission to Mars.

The movie flopped domestically — it only has a 25 per cent Rotten Tomatoes rating — but was chosen as one of the top pictures of 2000 by *Les Cahiers du cinema*.

Not all Mars movies are actually set on Mars, however.

Despite its title, *Abbott and Costello Go to Mars*, the comedy duo never actually makes it to the red planet.

First their rocket lands in New Orleans, then Venus, where the Venusian women are all played by Miss Universe contestants.

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Tuesday, March 22

Juno Songwriters' Circle
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Hosted by: Johnny Reid
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Massey Hall
Wednesday, March 23

Juno Block Party
Presented by: SIRIUS Satellite Radio
Featuring: City and Colour with Hannah Georgas
Metro Square
Thursday, March 24

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Presented by: The Keg Steakhouse & Bar
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Celebrity tweets



M.I.A.
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Paulo Coelho

I'm not a body with a soul, I'm a soul that has a visible part called body #international-womensday



Seth MacFarlane
Had my blood genetically analyzed. I'm only 1/64th tiger. :)



50 Cent
Ok look I'm up because @Floyd Mayweather drag my ass all over miami. We went every where da game ,comedy show,da clubs We had fun.

• METRO

Talking points

Twins for Trammell

BABIES. Will they be vampires or werewolves? Maybe one of each? Sam Trammell, star of TV's True Blood, is expecting twins with his girlfriend Missy Yager, best known as Betty Draper's neighbour on Mad Men. "The couple is thrilled and excited," Trammell's publicist told People magazine.

• METRO

Baby Lyra has jazzy genes

MORE BABIES. Speaking of babies, jazz singer Jamie Cullum, 31, and his model wife, Sophie Dahl, 33, just had a little girl, named Lyra. Perhaps when she's a tad older, she'll enjoy reading Charlie and the Chocolate Factory, written by Sophie's grandfather Roald. • METRO

Amanda stays coy on Ryan Phillippe

► Red Riding Hood star prefers to talk about ex, Dominic Cooper

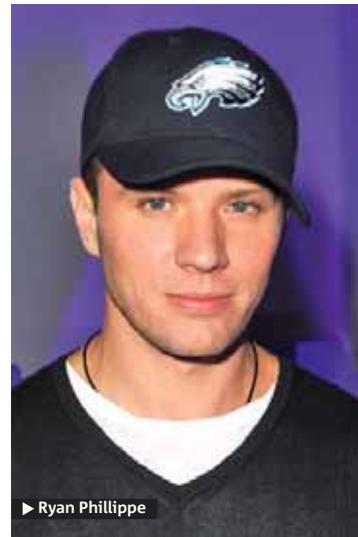
Is Amanda Seyfried, 25, truly dating Ryan Phillippe, 36? The duo was seen hanging out late last year at Kate Hudson's Halloween party, and speculation has run rampant since. Now the actress tells Elle magazine: "Um, yeah, I've been 'seen' with him," but doesn't reveal much more.

The Red Riding Hood star is much more forthcoming about her previous relationship with Dominic Cooper, her costar in Mamma Mia! "(It is) one of the easiest things in the world," she tells Elle. "You're both open. You're put in a situation where you have to make out with each other. It's easy for things to get carried away."

• METRO



► Amanda Seyfried



► Ryan Phillippe

GETTY IMAGES FILE

Sheen lawyers get busy

Charlie Sheen — you're tired of hearing about him. But his lawyers aren't. They're keeping busy, preparing for a battle with CBS, which just fired Sheen from the worldwide hit sitcom Two

and a Half Men.

TMZ obtained a letter from the network to Sheen's lawyer, blasting the star for all his previous bad behaviour.

"Free at last," replied Sheen, waving a machete

from a rooftop, according to the website.

Meanwhile, TMZ also reports that security has quadrupled around Sheen's gated community, because of possible snoopers. • METRO

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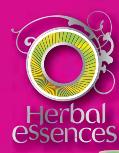


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2 Natura Organic Sleep Mask. Made from organic cotton and wool. \$25, dreamessentials.com.

3 Otis Batterbee Travel Eye Mask. For first-class flyers. \$55, otisbatterbee.com



Digital devices or print guidebooks for travel? They each have their advantages. Scan code for story.



► This photo shows fragments of the planes that hit the World Trade Center in 2001, displayed at the Spies, Traitors and Saboteurs: Fear and Freedom in America exhibit, at the National Constitution Center in Philadelphia. The exhibit is scheduled to run until May 30.



► Ku Klux Klan robes are displayed at the Spies, Traitors and Saboteurs: Fear and Freedom in America exhibit.

America's history of terror examined

► Philadelphia museum show looks at the more than 80 attacks on U.S. soil ► Aims to be a conversation starter on a difficult subject

It was one of the worst acts of terrorism in U.S. history, a deadly deed that filled the New York City sky with smoke and debris, thrust the nation into war, prompted restrictive new laws and intensified hostility toward foreigners.

Yet it happened nearly a century before the attacks of Sept. 11, 2001 — on Black Tom Island, a munitions depot in New York Harbor sabotaged by German agents and American collaborators in 1916.

This and other examples of domestic terrorism are part of a new exhibition at the National Constitution Center in Philadelphia, tracing the evolution of revolution and exploring how panic and prejudice can disrupt the balance between safe-

guarding civil liberties and protecting the public.

"Spies, Traitors and Saboteurs: Fear and Freedom in America" opened Friday and runs through May 30. Created by the International Spy Museum in Washington, it examines acts of revolution, sabotage, protest, subversion and extremism by foreign-born and home-grown militants, activists and spies from the Revolutionary War and onwards.

More than 80 domestic attacks from 1776 to the present are presented — along with how they sparked government responses that have changed American life, from the 1918 Sedition Act to the creation of the Department of Homeland Security. It is left for visitors to

reach their own conclusions about whether the various changes over time have been for the better, said Peter Earnest, director of the Spy Museum and a former CIA operative.

"These issues will be with us until the end of the republic," said Earnest, noting that the show was created to be a teaching tool for the young, a history refresher for the old and a conversation starter for all.

Interactive polling stations, developed with the Gallup Organization, ask visitors' opinions on the nation's response to events presented in the show — along with results of Gallup polls through history asking the same questions.

Among them: Should the government have the authority to deport people suspected of supporting hostile groups? Should the FBI be allowed to investigate groups opposed to the U.S. government? Is violence by individuals ever justified to bring about change in society?

"The exhibit illustrates in a way that's very dramatic and visceral the challenges we face as a country from threats that often originate internally," said David Eisner, National Constitution Center president and CEO. "How do we protect our homeland ... and how do we at the same time guarantee constitutional protections for all of our citizens?"

THE ASSOCIATED PRESS

If you go ...

► Exhibit Spies, Traitors and Saboteurs: Through May 30 at the Constitution Center, Independence Mall, 525 Arch St., Philadelphia; constitutioncenter.org or 215-409-6600. Open Monday-Friday, 9:30 a.m.-5 p.m.; Saturdays, 9:30 a.m.-6 p.m., Sundays, noon-5 p.m. Adults, \$12 US, students and seniors, \$11; children 4-12, \$8.

► Artifacts included in the exhibit are a charred remnant of the White House torched by the British in 1814, Ku Klux Klan garments from the 1960s, and wreckage of the World Trade Center and the Alfred P. Murrah Federal Building in Oklahoma City, badges of American Protective League agents who spied on fellow Americans during the First World War.

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1

CANCUN The Historian

Expect honeymoon kitsch and package-holiday crowds in Cancun. The clear, calm waters make for great snorkelling and scuba diving, and you can go swimming with dolphins. Balance beach time with a visit to nearby Tulum, the only walled city built by the Mayans. **Sunset:** For dinner, head to Paloma Bonita. The traditional food here is expensive but the ocean view from the terrace is worth every penny. Order the chili la doña.



2

ACAPULCO Hollywood Star

Mexico's iconic spot on the Pacific Coast was a favourite with the Hollywood glitterati back in the 1950s. Nowadays adrenaline junkies come to cliff-dive off the jagged cliffs around La Quebrada, others spend their time snorkelling, jet-skiiing, parasailing or hiking. **Sunset:** Acapulco is Mexico's nightlife wild-child with bars and high-end restaurants. Zibu (zibu.com.mx) serves an eclectic combo of Mexican and Thai dishes.



3

MANZANILLO The Fairy Tale

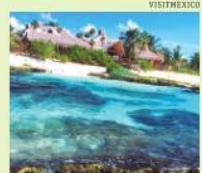
Picturesque Manzanillo is a coastline dotted with tranquil golden beaches, attracting surfers, yogis and a bohemian-chic crowd that dines in fancy restaurants. Shop at the village markets, then hit the beach. Troncones beach is a favourite with surfers, secluded Manzanillo Bay is best for swimming, snorkelling, kayaking, horse-riding or sea-turtle watching. **Sunset:** Come nightfall grab some beers and spicy shrimp tacos.



4

CABO SAN LUCAS Californication

Low-key Los Cabos is a favourite with camera-shy Hollywood stars. The 33-kilometre stretch of white sand between San Jose del Cabo and Cabo San Lucas is the aptly named "corredor turístico" (touristic corridor) studded with intimate beach huts and exclusive resorts. There's great golf, big game fishing and whale watching here. **Sunset:** Über-glamorous Nikki Beach is for evening follies, with extravagant theme parties and on-champagne on tap.



5

PLAYA DEL CARMEN The Gem

In the past, Playa del Carmen was an unpretentious seaside village, now it's a hit with sun seekers. An ancient Mayan port, it's also home to the great Mayan reef, the second largest coral reef system in the world. Escape the heat on 5th Avenue, the main strip running parallel to the beach, for shops and snack bars. **Sunset:** Enjoy a dinner of seafood risotto and crayfish sashimi at EL Alux, a lounge bar.



THE SKY IS NOT THE LIMIT

From her start as a typist in a dental office, Major (Ret.) Deanna Brasseur built a career that saw her become one of the first two CF-18 female fighter pilots in the world, the first female flight instructor at Canadian Forces Flying Training School and the first female flight commander at C.F.B. Cold Lake.

Now a Member of the Order of Canada, Major (Ret.) Brasseur will share her story in an evening of insight and inspiration.

- DATE:** Thursday, March 17
 6:15 pm: Reception with light refreshments
 7:00 pm: Evening keynote
- LOCATION:** Shaw Theatre, NAIT Main Campus
 11762 - 106 Street, Edmonton
- TICKETS:** \$21.50 (includes reception)
 Available at the NAIT Bookstore on Main Campus, or online at www.nait.ca/brasseur

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Taking a bike ride in Holland

Nearly everyone in Amsterdam rides a bicycle.

No one sweats.

As a longtime cyclist in New York City, and a sweaty guy who can raise a few droplets going to the end of the walk to retrieve the newspaper in January, that's how it seemed to me when I was there. I was prepared for the ubiquity of cyclists. But the refinement was a surprise.

Who knew that urban cycling — which I find mostly exhilarating and joyous, but occasionally a grim struggle for a sliver of pavement — could also be elegant?

This is how I saw the Dutch cyclists.

I ride to news assignments, sometimes in jacket and tie, feeling overdressed.

I saw well-dressed men riding to work in Amsterdam, and they didn't seem remotely uncomfortable.

And the women! Women bikers in Amsterdam seem to cut no fashion corners. High heels and skirts are not uncommon, whether they are headed to the office or carting a crateful of kids to school on one of those cargo bikes with a big box up front.

The Amsterdammers ride these single-speed or at most three-speed bikes that are both monstrously heavy and in most parts of North America, at least, frightfully expensive.

Cyclists in Amsterdam routinely ignore traffic signals. And pity the pedestrian who wanders onto the bike lane. **THE ASSOCIATED PRESS**



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A surprising contrast in texture

► These mushroom cups mix a soft filling & crisp shell



► This recipe produces 24 mushroom cups.

Ingredients:

- 24 thin wonton wrappers
- 1 tbsp (15 mL) olive oil
- 1 small onion, diced
- 8 oz (250 g) fresh mushrooms, coarsely chopped

- 1 clove garlic, minced
- 1/2 tsp (2 mL) dried rosemary leaves
- 1/4 cup (50 mL) water
- 1 tbsp (15 mL) balsamic vinegar
- 1 pkg (8 oz/250 g) light cream cheese, cubed
- 1/2 cup (125 mL) minced lean prosciutto (about 1 1/2 oz/45 g)
- Freshly ground pepper
- Minced fresh parsley, diced red pepper or grated Parmesan cheese (optional)

DINNER EXPRESS

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Mushroom Prosciutto Cups are great appetizers. They're flavourful and offer a great contrast in texture due to their crisp shell and soft creamy filling.

Preparation:

- 1 Coat mini muffin pans with cooking spray. Sep-

arate wonton wrappers and press into pans, pleating each to form a cup. Bake in 350 F (180 C) oven for 8 minutes. Remove and cool.

- 2 Meanwhile, in skillet, heat oil over medium-high heat; add onion and cook for 2 minutes or until lightly softened. Stir in mushrooms, garlic and rosemary and cook for about 4 minutes or until lightly browned. Reduce heat to medium; add water and vinegar and cook for another 1 to 2 minutes. Stir in cheese

cubes and heat, stirring constantly, until melted and well mixed. Remove from heat and stir in prosciutto until combined. Season to taste with pepper.

- 3 Spoon 1 1/2 tbsp (22 mL) of the mixture into each cup; garnish as desired and serve warm.

THE CANADIAN PRESS

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOKS.CA

Tomato Bruschetta



drizzle with olive oil.

- 2 Dice tomatoes and onion and place in a

bowl; add mustard. Stir lightly until coated.

- 3 Spread mixture on slices of toasted bread. Drizzle olive oil over top. Garnish with chopped basil. Add salt and pepper and serve immediately.

MAILLE OLD STYLE MUSTARD/THE CANADIAN PRESS

- 2 Italian (Roma) tomatoes
- 1/2 onion
- 30 ml (2 tbsp) grainy mustard
- 4 leaves basil, chopped
- Salt and pepper, to taste

Tomato Bruschetta is the perfect start to a meal or to serve as a delicious appetizer with a glass of wine. This version, with its grainy mustard touch, will delight.

And all it takes to create is three simple steps.

Preparation:

- 1 Toast bread in oven. Rub with garlic and

Ingredients:

- 4 slices ciabatta or French bread
- 2 cloves garlic, halved
- 30 ml (2 tbsp) extra-virgin olive oil

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Not driven to wake up like you were as a rookie? Amp up your on-the-job attitude with these easy tips



DREW HINSHAW
LIFE@METRONEWS.CA

Some of the perkier go-getters among us seem pre-configured that way, born into this 21st century of 24-hour workdays with eager eyes, an upbeat attitude and a battery life far harder than that of their BlackBerry.

For the rest of us, we find our pluck in that last slurp from a plastic coffee cup. But career counselors say there are healthier ways to administer a kick of enthusiasm. Here are four counselor-recommended tips to upshift your engine without blowing the transmission.

Find meaning in the drudgery

Start, 180 Ways to Spread Contagious Enthusiasm author Barbara Glanz advises, by acknowledging the larger purpose behind your daily drudgery, "no matter how unimportant it seems."

"Put a picture on your desk of whoever the person is whose life is going to be better because of the work you do," she suggests. "Do that to remind



► Going out with your co-workers to lunch once a week can give the whole team something to look forward to.

you that you're doing this for a bigger calling."

Take on some new responsibilities

If your daily duties reads like a chore list from the boredom chamber of purgatory, try tacking new tasks onto your to-do list.

"Often what motivates people is that they can find in their jobs room for growth and challenge," Massachusetts-based ca-

reer coach and psychologist Christiane Turnheim notes.

The trick is scripting a diplomatic way of telling

your superiors that the job they've given you is anesthetizing your brain.

"Don't go in and say, 'I'm feeling bored,'" she recommends.

"Stay with the positive. Say, 'I would like to give more to the company.'"

Seek comradery

Sometimes, a job is just mental torture by another name and higher pay grade, and the only ways to ease its impact is in numbers.

That's why Turnheim counsels exhausted workers to "organize a group lunch where you meet for lunch once a Friday every month, a place for people to get recognized for what they do."

"That," she adds, "is one of the most important needs that people have in the workplace."

Have a fulfilling 'real life'

"What people often do on the weekend is they don't go out, they sleep longer, and something is missing," Turnheim says.

"You need in your life something that inspires you, no matter if it's going out and meeting people, or going hiking."

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Employees often believe that they own the content on their workplace computers and sometimes even the computers themselves.

They are mistaken. Steve Rowe worked as a computer analyst in Ontario's Sheridan College's IT department for 12 years.

He had one of the highest paying positions in the department, a clean disciplinary record and full access to the college's servers and computers.

Rowe blurred the line between personal and professional computer use when he adopted one of the college's faster computers and used it to download a large amount of games, videos, movies, music, and pornography. Rowe gave at least 11 other people including friends, family and colleagues, access to the computer's media cache. Rowe's activities went undetected for years.

When a network audit later revealed some of Rowe's activities, the college seized his computers and started an investigation.

After confirming that Rowe had been using the college's server as a media hub for his circle of friends, the college quickly dismissed him.

At a recent hearing, an arbitrator had to determine whether Rowe's personal use of his workplace computer could justify his immediate termination.

Rowe attempted to overturn his termination by arguing that the college overreacted to his misconduct.

However, the arbitrator hearing the case disagreed, characterizing

Rowe's conduct as "extremely poor judgement." Since Rowe's job required his employer to be able to trust him, his termination was upheld.

This case is an example of a broader problem in Canadian workplaces as employees too often get carried away with personal computer use at work.

When they do, they should not expect that their actions will be immune from discipline as decision makers are becoming increasingly aware of the damage computer misuse can cause and they are often unwilling to tolerate it.

Both employees and employers can consider some of the following safeguards:

- Whether there is a policy on Internet or computer use at work and to what extent, if any, does the employer permit personal use.

- Where personal computer use is permitted, employees should not consider this right equal to a freedom to do as they please. There are a number of ways for employees to lose their jobs including theft of time, discrimination and harassment.



Chairwoman at the kitchen table

► Meet the mompreneurs, a growing army of women who manage to combine motherhood and careers



► "This is the happiest I've been in my working life," says Carolyn Starks, left, with a journalism career combined with motherhood and a home-based publishing company.

Aysel Kluth runs a successful company with five employees. She's also the mother of two young girls.

"I can decide when to go to the office," says the 33-year-old. "I can respond to emails from home. I know so many young mothers who knit wool hats and turn it into a company, or who start cafés for mothers with young children."

Kluth, a former child-

care worker, decided to become a "mompreneur" after giving birth to her first daughter six years ago. "I could work and still be able to breastfeed my daughter," she explains.

Five years ago, mompreneurs were largely an American phenomenon, but now they're an international trend.

Kluth, a German of Turkish origin, lives in

Berlin. Mei Zhang, a Chinese Harvard graduate, enjoyed a fledgling career at McKinsey & Co.

Today, she runs her own travel company, Wild China, with a \$7-million annual revenue. And Zhang has time to do homework with her three children, too.

"It's the best thing you can do to yourself and your children," she says. "I tried being a stay-at-home-mother, but I was the most miserable person in the house."

While there are no official statistics on mompreneurs, there are now large networks like the Mompreneur Exchange — which has grown to 1,500 members in less than a year — and Forbes-style top lists.

"Many women were in the workforce before having children," explains Carol Roth, author of the new book *The Entrepreneur*

Equation. "They want to maintain identity for themselves professionally as well as that of being a mom. And technology has made it easier to start and manage businesses that

can be run from home."

Carolyn Starks of Chicago left a journalism career, which included a Pulitzer Prize nomination, to combine motherhood with a home-based publishing

company.

"This is the happiest I've been in my working life," says the mother-of-two. "But it's important to set boundaries. When the kids are home, I don't work."

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Advice...

...FROM MOMPRENEURS

- Find a designated space in your home to run the business. Kitchen tables don't work.

- It's OK to work around your family. Don't make or take business calls when you can

- be interrupted.
- Don't buy into guilt. You can be a great mother and a great home-based professional. You can have both and you deserve it.

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4

sports

Oilers preview

Oilers at Capitals
5 p.m.
TV: TSN
Radio: 630 CHED



Edmonton (23-36-8) continues its road trip with a stop against the Capitals before contests in Detroit and Pittsburgh. The Oilers are without star rookie forward Taylor Hall, who is out for the remainder of the season with an ankle injury. Edmonton does have something to play for, though, as it tries to catch Colorado and escape the Western Conference basement.



Very quietly, Washington (37-20-10) has climbed atop the Southeast Division. The Capitals have been on a roll of late, having won seven of their past eight games. Goalie Michal Neuvirth suffered an eye injury in the club's 2-1 shootout win over Tampa Bay but he should be fine.

THE CANADIAN PRESS

4 for Philadelphia

► Flyers end losing streak despite lackluster effort in final two periods

After losing four straight, the Philadelphia Flyers will take any kind of win.

Jeff Carter scored two goals and the Flyers beat the Edmonton Oilers 4-1 last night to snap a season-high losing streak.

But Eastern Conference-leading Philadelphia knows it won't win too many games with a sporadic effort like this one.

"There's winning and then there's winning in spite of how you play," defenceman Chris Pronger said. "We still have a lot of work to do. We have to sharpen up."

Danny Briere and Blair Betts also scored for the Flyers. Sergei Bobrovsky stopped 24 shots.

The Flyers dominated the first period, outshooting Edmonton 17-1. They were outshot 24-9 the rest of the way, and needed some big saves from Bobrovsky.

"We lost our speed, turned the puck over and tried to be too cute," coach Peter Laviolette said. "We want to win all the games we play, but we want to do the right way."

Jean-Francois Jacques scored for Edmonton. The Oilers had won three in a row.

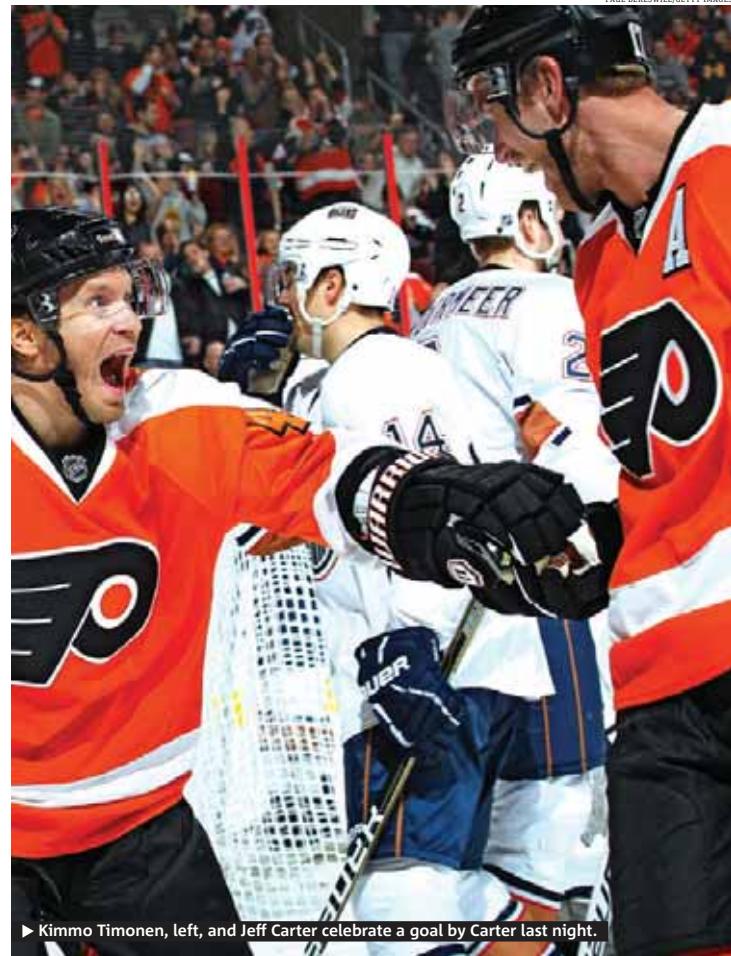


"It's one thing to respect your opponent, but it's another thing to respect them and stand still and watch them play," Oilers coach Tom Renney said.

"The fact of the matter is we came out in the second and third period and outchanced that team 12-5, but they're up three goals so game, set, and match."

The slumping Flyers had seen their lead in the East shrink from double digits to just two points. Laviolette gave the team off Monday after a 7-0 loss at the New York Rangers. Philadelphia had been outscored 12-1 in the previous two games after taking a 2-0 lead against Buffalo on Saturday.

THE ASSOCIATED PRESS



► Kimmo Timonen, left, and Jeff Carter celebrate a goal by Carter last night.

Opinion

RYAN KENNEDY
THE HOCKEY NEWS



HERE'S HOPING HALL RETHINKS TOUGH GUY BIT

It's been one of the hottest topics in the NHL this week, but the Taylor Hall fight still deserves further analysis.

When the Oilers' top draft pick wrecked his ankle during a scrap with the far more experienced Derek Dorsett of Columbus, it certainly took away a big reason to watch Edmonton down the stretch.

True, Hall would have had an outside shot to win the Calder Trophy as rookie of the year — an award which will be contested by Carolina's Jeff Skinner, San Jose's Logan Couture and one of either Corey Crawford, Michael Grabner or Brad Marchand — but the intrigue was there.

Now, there is simply the matter of whether the Oilers will nab the No. 1 draft slot for a second straight year.

But without moralizing, there is a case study Hall should look into while he's laid up with his injury. That, ironically, would be the case of Derick Brassard, Dorsett's teammate on the Blue Jackets and a young player who decided to man up with dire consequences. As Dave Chappelle would have put it, it's a case of "when keepin' it real goes wrong."

Back in 2008-09, Brassard was off to a demonic start with the Jackets. He was putting up numbers and looking like a sure-fire Calder candidate. But when then-Dallas Stars power forward James Neal rubbed out defenceman Fedor Tyutin with a big hit, it was Brassard who rushed in to fight for his teammate's honour.

The Jackets pivot promptly injured his shoulder in the one-sided tilt (Neal's a bigger dude) and his rookie season was toast. He has never returned to the nearly point-per-game pace he had in that season and Columbus has suffered for it.

And lest you think Hall's pedigree will protect him from a slump once he returns next year, consider that Brassard was taken sixth overall in 2006 and scored just as many points in junior when healthy, so he's not far behind.

While Hall has a lot of time to think about his actions, here's to hoping he gets a mulligan on this one and comes out of the gate flying next season. He won't have a Calder, but he will have a second chance.



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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	66	41	19	3	3	212	175	88	21-10-1-2	20-9-2-1	4-5-1-0	W1
d-Washington	67	37	20	5	5	178	167	84	19-8-2-5	18-12-3-0	8-2-0-0	W5
d-Boston	66	38	20	3	5	200	156	84	16-12-2-2	22-8-1-3	7-2-1-0	L2
Pittsburgh	68	39	21	5	3	196	167	86	21-11-2-0	18-10-3-3	4-2-3-1	W2
Tampa Bay	66	37	21	3	5	196	200	82	21-9-3-4	16-13-2-3	3-4-0-3	L4
Montreal	67	37	23	4	3	180	168	81	21-9-3-3	16-15-1-4	6-3-0-1	W5
N.Y. Rangers	68	35	29	2	2	193	164	74	15-17-1-2	20-12-1-0	5-5-0-0	W2
Buffalo	66	32	26	7	1	190	192	72	14-15-2-1	18-11-5-0	5-2-1-1	L1
Carolina	66	31	26	4	5	191	201	71	18-10-3-2	13-16-3-3	5-4-0-1	L1
Toronto	67	29	28	5	5	176	206	68	15-12-3-4	14-16-2-1	5-1-2-2	L2
Atlanta	66	27	28	4	7	184	214	65	14-14-1-5	13-14-3-2	3-6-0-1	W1
New Jersey	66	30	32	3	1	140	170	64	15-14-2-1	15-18-0-4	8-2-0-0	L1
Florida	67	27	31	5	4	168	186	63	13-13-5-3	14-18-0-4	3-5-2-0	W1
N.Y. Islanders	68	26	32	5	5	188	215	62	15-15-4-1	11-17-4-1	5-2-2-1	W1
Ottawa	66	23	34	5	4	149	207	55	11-18-2-3	12-16-3-1	5-4-0-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	68	43	16	4	5	220	155	95	23-7-1-2	20-9-3-1	6-4-0-0	W3
d-Detroit	66	39	19	5	3	219	193	86	17-10-3-2	22-9-2-1	5-3-1-1	L3
d-San Jose	66	38	22	4	2	185	167	82	17-11-2-1	21-11-2-1	8-2-0-0	L1
Chicago	67	37	24	2	4	200	186	60	21-14-0-0	16-10-3-2	8-2-0-0	L1
Dallas	66	36	23	3	4	184	186	79	18-9-2-3	18-14-1-1	4-5-1-0	W2
Calgary	68	35	24	3	6	207	193	79	21-10-3-1	14-14-2-3	7-2-0-1	W1
Phoenix	68	24	22	7	4	194	198	79	16-11-2-2	18-12-3-2	4-4-1-1	L1
Los Angeles	66	36	25	3	2	183	163	77	20-11-2-0	16-14-2-0	5-3-1-1	L6
Minnesota	67	35	25	2	5	176	176	77	17-13-1-3	18-12-1-2	5-3-1-1	W1
Anaheim	66	35	26	3	2	182	193	75	20-11-1-5	15-15-2-1	4-5-1-0	L1
Nashville	66	33	24	4	5	167	156	75	15-4-2-1	18-17-1-2	3-3-1-1	L1
Columbus	65	31	26	3	5	180	196	70	16-13-2-0	15-13-3-3	4-3-0-5	L5
St. Louis	66	29	27	5	5	182	198	67	19-11-3-1	10-17-3-2	3-7-0-0	W1
Colorado	66	26	32	7	1	187	229	60	14-16-4-0	12-16-3-1	1-7-1-1	L6
Edmonton	67	23	36	1	7	170	219	54	12-19-1-3	11-17-1-3	6-4-0-0	L1
d — division leaders ranked 1-2 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.												

Last night's results

Vancouver 4 Phoenix 3 (OT)	St. Louis 5 Columbus 4 (SO)
Montreal 4 Boston 1	Dallas 4 Los Angeles 3 (OT)
Ottawa 2 New Jersey 1	Tonight's games
N.Y. Islanders 4 Toronto 3 (OT)	All times Eastern
Philadelphia 4 Edmonton 1	Edmonton at Washington, 7 p.m.
Florida 3 Chicago 2	Atlanta at Carolina, 7 p.m.
Pittsburgh 3 Buffalo 1	Los Angeles at Detroit, 7 p.m.
Minnesota 5 Colorado 2	St. Louis at Columbus, 7 p.m.
Nashville at San Jose	Chicago at Tampa Bay, 7:30 p.m.
Mondays' results	Calgary at Dallas, 9 p.m.
Washington 2 Tampa Bay 1 (SO)	N.Y. Rangers at Anaheim, 10:35 p.m. (changed from 10 p.m.)

ISLANDERS 4, MAPLE LEAFS 3 (OT)

First Period — No Scoring.

Penalties — Brown/Tor, Haley/NY (roughing) 2:54, Phoenix/K for (high-sticking) 8:35, Grabner/NY (hooking) 10:38, New York bench (too many men served) by Tavares) 12:37.

Second Period

1. N.Y. Islanders, Konopka 2 (Jurcina, DiBenedetto) 2:15

2. Toronto, Aulie 1 (Brent, Brown) 2:49

3. N.Y. Islanders, Nielsen 9 (Okposo, MacDonald) 11:17

4. Toronto, Brent 8 (Armstrong) 18:44

Missed penalty shot — M.Martin/NY, 7:45.

Penalty — Haley/NY (roughing) 14:00.

Third Period

5. N.Y. Islanders, Granber 27 (Comeau/Bailey) 8:40

6. Toronto, Kulenin 25 (Grabovski, Kessel) 9:48

Penalties — None.

Overtime

7. N.Y. Islanders, Comeau 19 (Martinek, Nielsen) 4:02

Penalties — None.

Shots on goal by

Ottawa 8 5 8 1—21

New Jersey 7 14 11 —32

Goal — Ottawa: Anderson (W,18-13-3); New Jersey: Ma.Brodeur (L,12-13-2).

Power plays (goals-chances) — Ottawa: 0-2; New Jersey: 0-3.

Att. — 12,843 (17,135) at Glendale, Ariz.

SCORING LEADERS

G A Pt

D.Sedin, Vcr 34 47 81

Stamkos, TB 41 38 79

S.T. Louis, TB 24 52 76

H.Sedin, Vcr 15 61 76

Ovechkin, Wash 25 44 69

Zetterberg, Det 18 51 69

Perry, An 31 37 68

Crosby, Pgh 32 34 66

Iginla, Cal 30 36 66

Toews, Chi 27 38 55

Kopitar, LA 20 45 65

B.Richards, Dal 24 39 65

E.Staal, Car 29 33 62

Sharp, Chi 33 28 61

Eriksson, Dal 23 38 61

Seanne, Ana 21 39 60

Giroux, Pha 21 38 59

Kesler, Vcr 33 25 57

Nash, Clb 29 29 58

P.Kane, Chi 21 36 57

Havlat, Minn 20 37 57

Ribeiro, Dal 13 43 57

J.Carter, Pha 28 27 55

Tavares, NYI 24 31 55

Vanek, Buf 23 32 55

M.Richards, Pha 19 36 55

Backstrom, Wash 17 38 55

Ryan, Ana 30 24 54

Tanguay, Cal 18 36 54

J.Thornton, SJ 16 38 54

Lidstrom, Det 13 41 54

Yandle, Phx 10 44 54

Heatley, SJ 22 31 53

J.Williams, LA 21 31 52

Getzlaf, Ana 16 36 52

Briere, Pha 28 23 51

Plekane, MTI 20 31 51

Visnovsky, Ana 12 39 51

Marleau, SJ 26 24 50

4. Montreal, Wisniewski 8 (Cammalleri, De-

sharnais) 15:09 (pp).

Penalties — Plekanec Mtl (kneeing) 0:55, Kelly

Bos (hooking) 6:41, Hamrlik Mtl (tripping)

9:26, Montreal bench (too many men; served by Pacioretty) 11:34, Boychuk Bos (tripping)

14:31, Chara Bos (interference major, game

misconduct) 19:44.

Third Period

5. Boston, Lucic 29 (Krejci) 13:21

Missed penalty shot — Marchand Bos, 4:08.

Penalty — Lucic Bos (roughing) 17:34.

Shots on goal by

Boston 11 6 14 —31

Montreal 9 11 5 —25

Goal — Boston: Rask (L,9-12-1), Montreal:

Price (W,32-21-6).

Power plays (goals-chances) — Boston: 0-4.

Montreal: 2-5.

Attendance — 21,273 (21,273) at Montreal.

CANUCKS 4, COYOTES 3 (OT)

First Period

1. Phoenix, Belanger 10, 3:27

2. Phoenix, Doan 15 (Belanger, Schlemko) 10:55 (pp).

3. Vancouver, Hamhuis 5 (Samuelsson, D.Sedin) 11:12

Penalty — D.Sedin Vcr (tripping) 9:05.

Second Period

4. Vancouver, Belanger 16 (Belanger, Ehrhoff) 9:14 (pp).

5. Vancouver, Salo 2 (H.Selin, D.Sedin) 12:17

Penalty — Korpihoski 15 (Belanger, Rozsival) 19:17.

Penalties — Korpihoski Pha (hooking) 1:00,

Orman Edm (interference) 2:37, Smid Edm

(boarding) 12:57, O'Donnell Pha (high-sticking) 18:25.

Second Period

1. Philadelphia, Briere 20 (Carle, Leino) 8:54

2. Philadelphia, Carter 29 (Briere, C.Giroux) 17:40 (pp).

Penalties — Pronger Pha (hooking) 1:00,

Orman Edm (interference) 2:37, Smid Edm

(boarding) 12:57, O'Donnell Pha (high-sticking) 18:25.

Third Period

3. Philadelphia, Carter 30 (Timonen, van Riemsdyk) 7:05

4. Edmonton, Jacques 4 (Smid) 8:00

Penalties — MacIntyre Edm (elbowing) 12:37,

Timonen Pha (interference) 16:46.

Penalties — Spezza Edm (holding) 10:10,

Fayne NJ (holding) 18:42.

Penalties — Spezza Ott (hooking), Rolston NJ

(diving) 9:18.

Second Period

2. New Jersey, Elias 15 (Rolston, Zubrus) 4:01

3. Ottawa, Condra 4 (Spezza, Phillips) 17:47

Penalties — Spezza Ott (hooking), Rolston NJ

(diving) 9:18.

Penalties — Spezza Ott (hooking), Rolston NJ

(diving) 9:18.

Penalties — Spezza Ott (hooking), Rolston NJ

(diving) 9:18.

Penalties — Spezza Ott (hooking), Rolston NJ

(diving) 9:18.

Penalties — Spezza Ott (hooking), Rolston NJ

(diving) 9:18.

Engine

For the 2012 model, the Passat's previously standard 200-horsepower 2.0-litre four-cylinder turbocharged powerplant has been replaced with a non-turbocharged 170-horsepower 2.5-litre five-cylinder unit. This change no doubt contributes to the smaller base price.

A 280-horsepower 3.6-litre V6 is optional, as is Volkswagen's hybrid-challenging 140-horsepower 2.0-litre turbo-diesel that will give the Passat a claimed rating of 4.8 l/100 km on the highway.

Generous dimensions

VW might be substantially reducing the MSRP, but it certainly won't be shrinking the package.

Compared to the previous Passat, the new model is nine centimetres longer overall and the distance between its front and rear wheels has been stretched by about 9.5 centimetres, which should mean appreciable gains in passenger room. The car's more generous dimensions are in line with models belonging to the rest of the segment and should provide the kind of space that North American sedan buyers have come to expect.



Base model

The Passat's starting-point model is fitted with automatic climate control, cruise control and Bluetooth short-range wireless connectivity.

Also standard is Hill Climb Assist that helps keep manual-gearbox models from rolling backward down hill while taking your right foot off the brake to depress the accelerator.



By comparison

Chevrolet Malibu

Base price: \$25,450
Good-looking, roomy and fuel-efficient sedan is a popular choice.



Toyota Camry

Base price: \$26,900
Top-selling sedan provides a smooth and quiet ride; hybrid optional.



Ford Fusion

Base price: \$21,600
Decent size and performance in an attractive wrapper; hybrid available.



The Passat is suddenly competitive

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If you're familiar with the Sesame Street ditty, "One of these things is not like the others," then try to guess if it's the Toyota Camry, Chevrolet Malibu, Volkswagen Passat, or Honda Accord that's out of place in this automotive quartet.

If you picked the VW, give yourself a gold star.

At about \$29,000, the

Passat, which disappeared after the 2010 model year, ranked as the most expensive mid-size sedan in this group (plus others in the same category) by as much as \$7,000.

For that kind of scratch you could have covered the cost of fuelling up any of the other top-selling competitors for three years or so, on average.

Although seemingly down and out, rumours of the Passat's demise have

Passat

What you should know about the 2012 Volkswagen Passat:

- Type: Four-door, mid-sized front-wheel-drive sedan.
- Engine (hp): 2.5-litre DOHC

proven inaccurate.

Volkswagen announced at the recent North American International Auto Show in Detroit, Mich., that its mid-size four-door will return as a built-in-America (Chattanooga, Tenn., to be

precise) model for 2012 and will paste a base sticker price of about \$24,000 (including destination charges) on the window.

Commenting on the new Passat, Volkswagen Group of America CEO Jonathan Browning said his company, "aims to become a leading player in the (North American) market."

The Passat might not appear to be a clearcut class leader, but at least it's now in the thick of the hunt.

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► Last-generation Liberty looks fairly reliable and trail-ready

SECOND GEAR

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The Jeep Liberty made its first appearance in 2002, and intended to find favour with an urban-adventurer type after a machine with plenty of ground clearance, moderate towing capacity and four-wheel drive capability.

Featuring a Command-Trac transfer case with low-range gearing and "shift on the fly" four-wheel drive, Liberty was an ideal machine for all-terrain, all-weather use.

The Select-Track transfer case, also available, added a "full-time" four-wheel drive range which could be selected pre-emptively in nasty weather and act like an All Wheel Drive (AWD) system.

Four and six-cylinder engines were available, as were manual and automatic transmissions — depending on the year and model in question. Models with the V6 got 210 horsepower from 3.7 litres of

What's the 4-1-1?

- Model: 2002 to 2007 Jeep Liberty
- Vehicle Type: 4x4 SUV
- Approximate used price range: \$4,500 to \$18,000

displacement, while the standard 2.4-litre four-cylinder made 150 ponies. A turbo-diesel engine was available briefly as well.

Ideal for a small family or active couple, the Liberty was updated to its current iteration for the 2008 model year.

What Owners Like

Styling, a sturdy and planted ride and decent handling were typically highly rated by most first-generation Liberty owners. Visibility and off-road capability were also praised.

What Owners Hate

Comfort was rated somewhat poorly by many Liberty owners, mainly due to cramped footwells and limited at-hand interior storage. Rear seat legroom is also said to be limited. Other owners report higher-than-expected gas mileage with the V6 engine.

Common Issues



► 2006 Jeep Liberty

Liberty looks solid where reliability is concerned, though several checks will be mandatory

in finding a healthy used model.

Fully check all on-board electronics and accessories

JUSTIN PRITCHARD/FOR METRO

for proper operation, including the stereo and keyless remote system. Power window failure looks fairly common and expensive to repair, so double check that all windows open and close smoothly and easily. Locks should also be checked for proper operation.

Jeep's 3.7-litre V6 is known to be reliable and relatively trouble-free, though it may feel hard to start at times due to a bad fuel-pump valve. Additionally, chirping noises could be the result of a belt pulley that needs a different, tighter belt.

Have a mechanic give the floor-pan and suspension a good look over, noting any signs of careless off-roading that may have

resulted in dents or scrapes to the underbelly. Having all differential fluids and transfer-case fluids changed upon purchase is a wise decision too — unless the mileage of the last full fluid-change is known. This is also a good time to have your mechanic check for leaks.

A check for the performance of several safety-related recall jobs is another good idea — as the Liberty was subjected to several of them.

The Verdict

Like many Jeep models in the used market, a fairly simple powertrain doesn't deliver class-leading performance or mileage — though it proves reliable for the long haul and well-suited to its application.



► This Liberty features moderate towing capacity

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EVER CONSIDER BUYING A CAR ONLINE?

Auto Pilot

MIKE GOETZ

DRIVE@METRONEWS.CA



From what I hear, you can buy almost anything over the Internet ... Kayaks ... Knockwurst ... Miniature kayaks formed from knockwurst.

Cars and trucks are obviously part of the Internet shopping experience, especially the research phase. But certain nuances and circumstances of the vehicle purchase process hold it back from being a typical "buy now" Internet transaction.

For one thing, vehicles are big — there isn't a standard Fed Ex package for a Cadillac Escalade. You may also want to trade in your current vehicle ... How do you do that over the Wi-Fi? Same with test-drives.

A typical vehicle purchase seems to generate so much back and forth, so much paperwork, so many choices, that the only way to get that all done, seems to be with a lot of face-to-face time with an automotive professional or two.

Well there is at least one person in Canada who would beg to differ. Barry Shafran is president and CEO of Chesswood Group Limited, a publicly traded company that operates cars4U.com.

According to Shafran, cars4U.com is "Canada's only eDealer." Shafran notes that unlike other dealerships or entities professing to provide online vehicle shopping, only cars4U.com gives customers the actual "buy

now" button, and with a price that is "actually the selling price, not the list price."

While Shafran notes that a typical cars4U.com transaction "does come offline for a big part of it," he also notes that at least several times a year, a customer will, "hit buy now and put a deposit online."

Cars4U.com partners with dealers of various makes, to offer a wide range of vehicles, available to customers across Canada. Once purchased, the vehicles can be delivered, or picked up at the dealership who sourced it or at cars4U.com's HQ in Toronto. Trade-in values are assessed as best as one can over the phone, and then fine-tuned when the vehicle is dropped off.

The company has been doing its e-thing for 10 years now, with "steady growth" according to Shafran.

Why haven't others joined the bandwagon? "Good question," says Shafran. He is certain the business requires auto experience, not just Internet experience.

It's easier to answer the question, why can't you buy online direct from the automak-

ers? That's because in the U.S. and Canada, dealers have ironclad franchise agreements with their automakers. Dealers are the only ones that can sell you a car. (Note, however, that automakers can also own dealerships and do).

But in Europe things are more loosey goosey, and that's why we're seeing some "direct to customers via the Internet" initiatives developing there. Last summer Ford of Britain bundled a bunch of its company-owned dealerships together and created FordRetailOnline.co.uk, complete with "12 regional delivery centres."

And just last week at the Geneva Motor Show, Renault said that its cheaper and Romanian-built Dacia line will be sold through an additional "Internet channel." This is to compete with Peugeot-Citroen, which already said its new line of China-sourced low-cost vehicles would be sold exclusively online.

Makes sense that the "bottom" of the market will be where Internet-direct makes inroads. You got a centralized, urbanized clientele, a cost-sensitive vehicle (an Internet channel is less costly to operate), and these vehicles tend to be viewed more like commodities. And if they are not in the showroom, they're not dragging down the profile of the automaker's higher-priced brands.

"According to (Barry) Shafran, cars4U.com is 'Canada's only eDealer.' Shafran notes that unlike other dealerships or entities professing to provide online vehicle shopping, only cars4U.com gives customers the actual 'buy now' button."

Pushing the technology envelope

Not every automotive breakthrough comes off the drawing board at the carmaker's level.

At the University of Waterloo in Ontario, a team of students is working on a plug-in hydrogen fuel cell that might one day make it to the showroom floor.

It's an entry in the EcoCAR Challenge, a three-year program that requires 16 university teams from across North America to design and build vehicles with advanced powertrains and consumer appeal.

Now into EcoCAR's

DRIVING FORCE

JIL MCINTOSH
DRIVE@METRONEWS.CA

third year, Waterloo's Alternative Fuels Team is transforming a Saturn Vue to run on electricity, either stored from a household outlet or produced by the hydrogen fuel cell. The project grew out of work the university did in the earlier and similar Challenge X program.

"One of the reasons for

doing the fuel cell architecture is to have a more efficient vehicle," says team captain Michael Giannikouris.

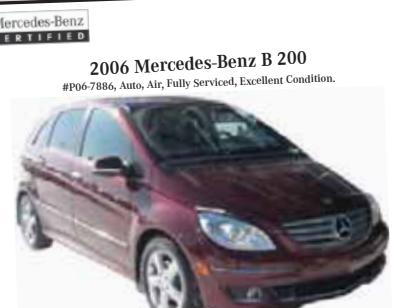
"Each team picks their fuel choice in the first year. We did hydrogen in Challenge X and wanted to keep going with it, because it's more challenging to integrate the fuel cell and the tanks that go with it."

Nothing comes easy with new technology, including incorporating two electricity sources.

"That's a big point," Giannikouris says.

"You have the fuel cell which operates at a certain voltage, and the battery at a different voltage. If we just took a big cable and hooked it from the fuel cell to the battery to the motor and turned it on, our fuel cell would charge our battery uncontrollably, because the voltage is too high. We use a D/C to D/C power converter. They're new and there's little available commercially, so we decided to build our own."

"It's been unbelievably difficult, but we have a few people who are very good at this."



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► **Canadian Black Book**

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The site's launch generated a great deal of industry buzz and quickly became a leading online tool for consumers looking to buy, sell or trade-in a vehicle. It provides the general public with access to the industry's most comprehensive source of Canadian vehicle values through the convenience of the Internet.

The evaluator tool is just one of the features that make the consumer site so enticing. Visitors can search the trade-in value on virtually any make and model car or truck in Canada, as far back as 1998.



► Ask yourself this question.

itors may also view a vehicle's Average Asking Price, helpful information whether buying or selling. No registration is required and access to the site is free.

Another tool, unique to online automotive sites, allows you to look up a vehicle's Future Value. This number is Canadian Black Book's expert forecast of how much a vehicle will depreciate over time. This helps buyers determine total cost of ownership when looking at a new, or used, replacement vehicle.

Vehicle classified ads are also offered, along with helpful tips and advice from industry experts such as Dennis DesRosiers.

Canadian Black Book's trusted name and impartiality make canadianblackbook.com a must visit for anyone looking to buy or sell a vehicle. **NEWS CANADA**

Retire your ride before time runs out.

Retire Your Ride rewards Canadians for recycling their older polluting vehicles—but the program ends **March 31st**. Don't miss your chance to get cash, transit passes or more. If your vehicle's model year is 1995 or older, visit [RetireYourRide.ca](#) or call 1-877-PRE-1096 today.



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Crossword

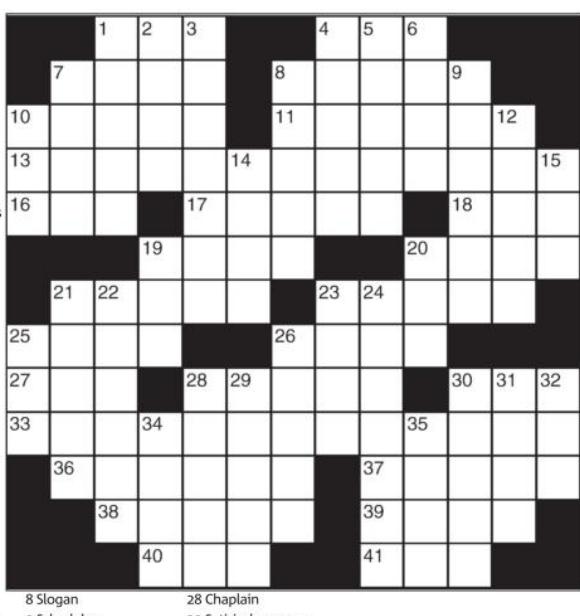
Across

1 Step that may be "faux"
 4 J. Edgar Hoover's org.
 7 Harbor
 8 Factories
 10 Some Japanese-Americans
 11 Eyes on a peacock's tail
 13 No different
 16 Firmament
 17 Arose
 18 Bronze
 19 "Ask — questions..."
 20 Pleads
 21 "It's a Wonderful Life" director
 23 Obey a comma
 25 St. Louis attraction
 26 Spheres
 27 Bleating sound
 28 Pullover shirts
 30 Pod occupant
 33 Definitively
 36 Youngster
 37 Grown-up nit
 38 "Hammerin' Hank" of baseball
 39 Muskrat cousin
 40 Chaps
 41 Greek vowel

Down

1 Actress Parker
 2 Neighborhood
 3 Scorpion's weapon
 4 Scarf enhancing a low neckline
 5 Censor's sound
 6 Afflictions
 7 Light red

8 Slogan
 9 Schedules
 10 Ph. bk. info
 12 Public persona
 14 Lady of Lisbon
 15 Type measures
 19 Speedometer stat
 20 Clear the tables
 21 Starter on a really old car
 22 Gum arabic
 23 Instructor, for short
 24 Set free, as from a sin
 25 Latin 101 word
 26 Bygone



28 Chaplain
 29 Satirical newspaper, with "The"
 30 Abdul or Zahn
 31 Otherwise
 32 Brewery output
 34 Cheese choice
 35 Source

► Yesterday's answer



Today's horoscope

Aries March 21-April 20

Don't strain your brain thinking about something that appears illogical. A number of strange things will happen today, but none of them will do you any harm.

Taurus April 21-May 21 This is not a good time to announce your plans to the world. You don't have to be dishonest about your intentions but you do have to keep your ideas to yourself.

Gemini May 22-June 21 These are exciting times for you but don't get carried away. If you act without thinking, you could make a potentially costly mistake. Take extra care when arranging travel plans and social events.

Cancer June 22-July 22 If you're dishonest in any way today, it will come back when you least expect it. You don't need to tell lies or cut corners to get what you want.

Leo July 23-Aug. 23 There seems to be a mental block between you and others at the moment. There's not much you can do but wait for the cosmic tide to turn. It won't be long before you are back on a like-minded wavelength.

Virgo Aug. 24-Sept. 22 Your main problem is that you are doing more for other people than you are for yourself. Get a grip on the situation and let those who are taking advantage of your generosity know there will be no more freebies.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Libra Sept. 23-Oct. 23 The planets warn that you could easily convince yourself that something is true when clearly it is not. That could turn out to be a costly mistake.

Scorpio Oct. 24-Nov. 22 Spell out in plain and simple language what it is you expect of people. Both at home and at work, misunderstandings are likely so make sure everyone knows what it is they are supposed to be doing.

Sagittarius Nov. 23-Dec. 21 By all means listen to what other people have to tell you today, but don't think for a moment that it's the whole truth. Act on the assumption that you have not yet heard the whole story.

Sudoku

	3	2					
4	9						
6			7		4	8	
2				5	8	9	
	1			8	5		
3	5	9				2	
7	1			9		2	
				3		1	
				4	9		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

2	9	7	1	8	3	6	5	4
4	5	1	6	2	7	3	8	9
3	8	6	4	5	9	2	1	7
8	3	5	2	7	4	9	6	1
7	4	9	5	6	1	8	3	2
1	6	2	3	9	8	7	4	5
9	1	3	7	4	6	5	2	8
6	2	8	9	1	5	4	7	3
5	7	4	8	3	2	1	9	6

A look at the weather

TODAY Min -17° Max -1°



THURSDAY



Min -13°



Max -21°



FRIDAY



Min -21°



Max -8°

Michele McDougall **Weather Specialist**
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 6AM



FELIPE DANA/ THE ASSOCIATED PRESS

Caption contest



have some bad news. The Empire asked for a three per cent pay cut."

ROBERT GAUTHIER



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